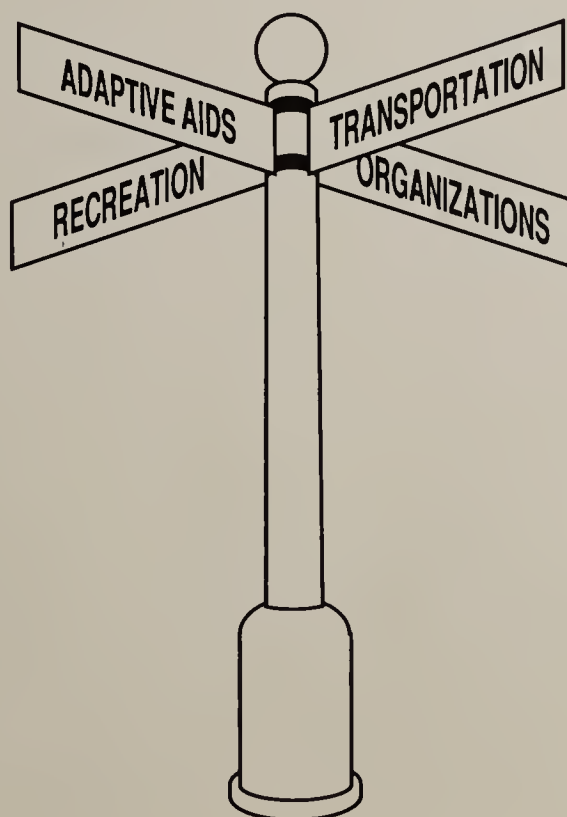
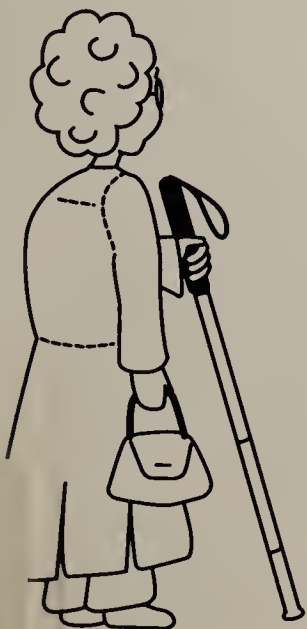


A SERVICE PROVIDED BY  
Community Services  
for the **Blind**  
and **Partially**  
**Sighted**

# INFORMATION GUIDE

RESOURCES IN WASHINGTON STATE FOR  
PERSONS WHO ARE BLIND OR PARTIALLY SIGHTED



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## **EASY ACCESS NUMBERS**

<b>EMERGENCIES .....</b>	<b>911</b>
<b>CRISIS LINE</b>	
Everett.....	258-4357
Olympia .....	352-2211
Seattle .....	461-3222 (Voice/TDD)
Spokane .....	838-4428
Tacoma .....	759-6700
Tri-Cities .....	943-9104
Vancouver.....	696-9560
Walla Walla .....	522-4278
Yakima .....	575-4200
 <b>SENIOR INFORMATION AND ASSISTANCE ....</b>	 <b>1-800-972-9990</b>
 <b>WASHINGTON STATE SERVICES</b>	
<b>FOR THE BLIND.....</b>	<b>721-4422 King County</b>
.....	<b>1-800-552-7103 state-wide</b>
 <b>WASHINGTON LIBRARY FOR</b>	
<b>THE BLIND AND PHYSICALLY</b>	
<b>HANDICAPPED .....</b>	<b>464-6930 King County</b>
.....	<b>1-800-542-0866 state-wide</b>
 <b>COALITION OF HANDICAPPED</b>	
<b>ORGANIZATIONS, Vancouver.....</b>	<b>693-8819</b>
 <b>COMMUNITY SERVICES FOR THE BLIND</b>	
<b>AND PARTIALLY SIGHTED, Seattle....</b>	<b>525-5556 King County</b>
.....	<b>1-800-458-4888 state-wide</b>
 <b>KITSAP COMMUNITY ACTION PROGRAM .....</b>	<b>377-0053</b>
.....	<b>1-800-338-3363</b>
 <b>LILAC BLIND FOUNDATION, Spokane .....</b>	<b>328-9116</b>
.....	<b>1-800-422-7893</b>
 <b>TACOMA AREA COALITION OF</b>	
<b>INDIVIDUALS WITH DISABILITIES .....</b>	<b>565-9000</b>
 <b>VISION AND INDEPENDENT LIVING</b>	
<b>AGENCY, Bellingham .....</b>	<b>647-0309</b>
 <b>WASHINGTON REHABILITATION</b>	
<b>INSTITUTE, Tri-Cities .....</b>	<b>943-0255</b>

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# INFORMATION GUIDE

## RESOURCES IN WASHINGTON STATE FOR PERSONS WHO ARE BLIND OR PARTIALLY SIGHTED

FOURTH EDITION, APRIL 1990

Developed and Published by

Community Services for the Blind and Partially Sighted  
9709 Third Avenue NE, #100  
Seattle, WA 98115

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With thanks for their help to Oren Artlip, Becky Bell,  
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## *PREFACE*

Welcome to the fourth edition of the INFORMATION GUIDE: RESOURCES IN WASHINGTON STATE FOR PERSONS WHO ARE BLIND OR PARTIALLY SIGHTED!

It is the aim of THE GUIDE to provide information on both special resources for blind and partially sighted persons and more general community services which, by virtue of being in THE GUIDE, are in a more accessible form. We have tried to include a wide variety of these resources as is reflected in the following list of subject headings. It is our experience that many needs and interests of blind and partially sighted persons are being addressed, whether inside the state or by groups which serve a nationwide community. It is our hope to have them represented here.

You will find some changes in THE GUIDE this edition. We have contacted each agency, organization or business which appears in earlier editions to discover whether they still are in operation and if any changes have been made in the past few years. We added a number of groups, hoping to provide more options for the reader. Finally, we are structuring THE GUIDE differently, listing each group alphabetically and including a number of subject listings to make use of THE GUIDE quick and effective.

We have included several more groups located in areas of Washington outside of the Puget Sound region. Recognizing, however, that nearly half of visually impaired Washingtonians live in the Greater Seattle area, we have concentrated on more general community resource listings for that area. Many other Washington cities and county seats have similar resources. Contact your local senior or community center or municipal government to learn where these services are available.

As soon as the current guide is off the press, we will begin research for the next edition to be published in a couple of years. If you know of an organization which you feel should be included in THE GUIDE, drop us a line or have that group contact us. It is our objective to provide as complete and accurate a resource guide as we can for our state's blind and partially sighted community.

You will also find an envelope for contributions inserted into THE GUIDE. Your help is crucial in allowing the Agency to continue its work of supporting the independence of persons who are blind or partially sighted through this guide and other programs and services. We thank you for any amount you can give.

Nan Hawthorne  
Editor



## *HOW TO USE THIS GUIDE*

If you know the name of the organization, look it up under the first word (excluding “a”, “an” and “the”) of its name, alphabetically. For example, “Community Services for the Blind and Partially Sighted” is listed under “C” and is on page 15. “The Braille Forum” is under “B” and is on page 9.

If you don’t know the names of organizations serving a particular need or interest you have, check under the first letter of the subject or the Subject Headings list below. The subject listing will give you one or more organizations you can consider. For example, if you were interested in receiving training with a dog guide, look up the subject heading “DOG GUIDES” which is on page 22. It gives you a number of dog guide schools.

## *SUBJECT HEADINGS*

ADVOCACY  
AIDS AND APPLIANCES  
BOOKS AND PUBLICATIONS  
BRAILLE  
CHILDREN & THEIR FAMILIES  
CHORE SERVICES  
COMPUTER TECHNOLOGY  
CONSUMER ORGANIZATIONS  
COUNSELING  
DEAF-BLIND SERVICES  
DOG GUIDES  
EDUCATION  
EMERGENCIES  
EMPLOYMENT  
EYE CARE  
FINANCIAL ASSISTANCE

FOOD  
HEALTH CARE  
HOUSING  
INFORMATION & REFERRAL  
LEGAL ASSISTANCE  
LOW VISION SERVICES  
RECREATION  
REHABILITATION  
SENIORS  
SENIOR SERVICES  
AND CENTERS  
TAX ASSISTANCE  
TRANSPORTATION  
UTILITIES  
VOLUNTEER SERVICES

## AGENCIES SERVING LOCALITIES OUTSIDE GREATER SEATTLE

See also INFORMATION AND REFERRAL and SENIOR SERVICES  
AND CENTERS

### *Kitsap County*

Kitsap Community Action Program (KCAP)  
North Kitsap Medical Center

### *Pierce County*

Pierce County Association of the Blind  
Service Dogs for Freedom  
Tacoma Area Coalition of Individuals with Disabilities (TACID)  
Tacoma Area Braillists  
Washington (State of) Special Education Materials Clearing-  
house and Depository (SEMCAD)

### *Skagit County*

Community Services for the Blind and Partially Sighted  
Skagit Insight

### *Snohomish County*

Care Crisis Line  
Coalition of Disabled Persons of Snohomish County  
Community Services for the Blind and Partially Sighted  
Community Transit  
Dial-A-Ride Transportation (DART)  
Everett City Transit  
Everett Parks and Recreation Department  
GTE Northwest  
Snohomish County Assessor  
Snohomish County Division of Parks and Recreation/Monroe  
Fairground  
Snohomish Health Department

## *Spokane*

Blind Bowlers of Spokane  
Father Palmer Memorial Braille Services, Inc.  
Lilac Blind Foundation  
Lions Low Vision Clinic of the Inland Empire  
Spokane Association for the Blind  
Spokane Foundation for the Blind

## *Tri-Cities*

Washington Rehabilitation Institute

## *Vancouver*

Coalition of Handicapped Organizations (COHO)  
Diabetes Supply Club  
Northwest Association of Blind Athletes  
Oregon Optometric Association  
Portland Optometric Clinic of Pacific University  
Vision Northwest  
Washington State School for the Blind

## *Whatcom County*

Northwest Braille Services  
Vision and Independent Living Agency (VILA)

## *Yakima*

Washington State Association of Senior Centers



Access  
5250 Rainier Avenue S.  
Seattle, WA 98118  
(206) 722-3191

A private consulting firm specializing in public relations related to disabled persons. Braille transcription and training available.

See also BRAILLE

## ADVOCACY

See: American Foundation for the Blind, Inc.  
Client Assistance Program  
Deaf-Blind Service Center  
Disability Research and Information Coalition  
Helen Keller National Center for Deaf-Blind Youth and Adults  
National Accreditation Council for Agencies Serving the Blind and Visually Handicapped  
Seattle (City of) Mayor's Office for Senior Citizens  
Tacoma Area Blind  
Washington Coalition of Citizens with disAbilities  
Washington Protection and Advocacy System  
Washington State Deaf-Blind Citizens

See also CONSUMER ORGANIZATIONS

## AER Newsletter

See: Association for Education and Rehabilitation of the Blind and Visually Impaired

## AIDS AND APPLIANCES

See: American Foundation for the Blind, Inc.  
American Printing House for the Blind  
BIT Corporation  
Bossert Specialties Co., Inc.  
Cabrini Optical

Community Services for the Blind and Partially Sighted  
Compact Travel Aids  
Diabetes Supply Club  
Edmund Scientific Supply  
GTE Northwest  
Howe Press of Perkins School for the Blind  
Independent Living Aids, Inc.  
Innovative Rehabilitation Technology, Inc.  
Kurzweil Computer Products  
Library Equal Access Project  
Lilac Blind Foundation  
Maxi Aids  
National Association for the Visually Handicapped  
Science Products for the Blind  
Speech Technology  
Tacoma Area Coalition of Individuals with Disabilities  
TELESENSORY, Inc.  
University Book Store  
U.S. West Communications  
Vis-Aids

Your local AT&T Store carries free large print phone dials and large print Touch Tone phone stickers.

There are a wide variety of companies that sell aids and appliances; the store at Community Services for the Blind and Partially Sighted keeps catalogues on hand for your use.

See also COMPUTER TECHNOLOGY

American Academy of Ophthalmology  
1101 Vermont Avenue NW  
Washington, DC 20005  
(202) 737-6662

Provides referrals for Ophthalmological care and a wide selection of literature on eye diseases.

See also BOOKS AND PUBLICATIONS, EYE CARE



American Brotherhood for the Blind  
18440 Oxnard Street  
Tarzana, CA 91356  
(818) 343-2022 (voice)

Through public support and the dedication of volunteers, American Brotherhood for the Blind is able to provide a twice-monthly newsletter in Braille (available only to deaf-blind persons and institutions serving them) and Braille calendars free to all blind persons. Requests may be sent in Braille.

See also BOOKS AND PUBLICATIONS, DEAF-BLIND SERVICES

American Council of the Blind  
1010 Vermont Avenue NW  
Suite 1100  
Washington, DC 20005  
(202) 393-3666

An organization of persons concerned with the improvement of the community of blind and low vision people and for the promotion of effective participation in all aspects of society. Publishes The Braille Forum.

Washington Council of the Blind  
Tim Schneebeck  
c/o Suds Shop  
5270 University Way NE  
Seattle, WA 98105  
(206) 368-3970

The state affiliate, which merged with United Blind in 1990, shares the belief that blind and partially sighted people can live productive lives and contribute to society with independence and dignity. WCB works with state and local agencies and monitors legislative issues. Braille and print brochures are available upon request. There are several local chapters; contact WCB for more information.



See also BOOKS AND PUBLICATIONS, CONSUMER ORGANIZATIONS

American Foundation for the Blind, Inc.  
15 W. 16th Street  
New York, NY 10011  
(212) 620-2000  
1-800-232-5463 (toll free for Information and Referral)

Provides direct and technical assistance services to blind and visually impaired persons and their families, as well as professionals in specialized agencies for blind persons, community agencies, organizations, schools and corporations. A national clearinghouse for information about blindness and visual impairment. Low vision aids available; write for catalogue. Also personal identification card to establish eligibility for travel concessions on most railroad and inter-city bus lines throughout the United States. Administers loan program for purchase of the Kurzweil Personal Reading Machine. Publishes updates on legislation which affects the visually impaired.

See also ADVOCACY, AIDS AND APPLIANCES, CONSUMER ORGANIZATIONS, INFORMATION AND REFERRAL, TRANSPORTATION

American Printing House for the Blind  
P. O. Box 6085  
Louisville, KY 40206-0085  
(502) 895-2405

Write for catalogue. Items include talking computer hardware and software, writing aids, abacuses, tape recorders, and other educational materials.

See also AIDS AND APPLIANCES, COMPUTER TECHNOLOGY

Association for Education and Rehabilitation of the Blind and  
Visually Impaired  
206 N. Washington Street  
Suite 320  
Alexandria, VA 22314-2528  
(703) 548-1884

International consumer organization primarily concerned with the education and rehabilitation of visually impaired persons. Membership is open to both professionals and other interested individuals. Non-profit organization. Publishes AER Newsletter.

See also CONSUMER ORGANIZATIONS

Association for Macular Disease  
210 E. 64th Street  
New York, NY 10021  
(212) 605-3719

Provides support for individuals and their families adjusting to changes in their lives brought about by Macular Degeneration.

See also CONSUMER ORGANIZATIONS

Audio Description Service  
516 16th Avenue E.  
Seattle, WA 98112  
(206) 323-7190

Produces and consults on taped information and live narration of dramatic performances, primarily at the Intiman and Access Theaters.

See also RECREATION

BIT Corporation  
52 Roland Street  
Boston, MA 02129  
(617) 666-2488

Write for catalogue of low vision aids.

See also AIDS AND APPLIANCES

Blind Bowlers of Spokane  
1212 N. Howard  
Spokane, WA 99201  
(509) 328-6900

This group meets regularly for fun and friendship.

See also RECREATION

Blind Children's Center  
P. O. Box 29159  
Los Angeles, CA 90029-0156  
1-800-222-3566

Provides information and support for families with visually impaired children.

See also CHILDREN AND THEIR FAMILIES

Blind Veterans' Association (BVA)  
1726 "H" Street NW, Suite 800  
Washington, DC 20036  
(202) 223-3066

Consumer organization open to veterans of the United States Armed Forces. Encourages blinded veterans to take full advantage of rehabilitation and employment opportunities.

See also CONSUMER ORGANIZATIONS

BOLD, INC.  
533 E. Main Street  
Aspen, CO 81611  
(303) 925-2806



Alpine and cross country ski vacations for visually impaired persons. Summer activities also.

See also RECREATION

## BOOKS AND PUBLICATIONS

See: American Academy of Ophthalmology  
American Brotherhood for the Blind  
American Council of the Blind  
Choice Magazine Listening  
Christian Record Services  
Coalition for Information Access for Print Impaired  
Persons  
Community Service Center for the Deaf and Hard-of-  
Hearing  
Community Services for the Blind and Partially Sighted  
Computerized Books for the Blind and Print Disabled  
Dialogue With the Blind  
Different Times  
Innovative Rehabilitation Technology, Inc.  
Job Opportunities for the Blind  
King's Tape Library for the Blind  
Krames Communications  
Library Equal Access Project  
Lilac Blind Foundation  
Lutheran Braille Workers Inc.  
Matilda Ziegler Magazine  
National Braille Press  
National Federation of the Blind  
National Retinitis Pigmentosa Foundation  
Peninsula Center for the Blind  
Prevent Blindness  
Readings for the Blind, Inc.  
Recording for the Blind, Inc.  
Science Fiction for the Blind  
Skagit Insight  
Tacoma Area Coalition of Individuals with Disabilities  
Theosophical Book Association for the Blind  
University Book Store

Vision and Independent Living Agency  
VISION Foundation, Inc.  
Washington Library for the Blind and Physically Handi-  
capped  
Washington Rehabilitation Institute  
Whidbey Island Braillists  
Womyn's Braille Press

See also BRAILLE

Bossert Specialties Co., Inc.  
P. O. Box 15441  
Phoenix, AZ 85060  
(602) 956-6637

Specializes in aids and appliances for the visually impaired.  
Write or call for free catalogue.

See also AIDS AND APPLIANCES

Bowen Lodge by the Sea  
Bowen Island, B.C. V0N 1G0  
Canada  
(604) 947-9411

This summer camp operation by the Canadian National Institute  
for the Blind runs sessions lasting one-week each for blind,  
visually impaired and deaf-blind persons.

See also RECREATION

## BRAILLE

Under BRAILLE we list only those organizations which provide  
Braille transcription, instruction, and specialized products; sources  
for Braille books can be found under BOOKS AND PUBLICATIONS.

See: Access  
Braille-Print Greeting Cards  
Columbia Club

Community Services for the Blind and Partially Sighted  
Father Palmer Memorial Braille Services, Inc.  
Hadley School for the Blind  
Lilac Blind Foundation  
Lutheran Braille Workers, Inc.  
National Braille Press  
Northwest Braille Services  
Northwest Foundation for the Blind  
Seattle Area Braillists, Inc.  
Tacoma Area Braillists  
Tacoma Area Coalition of Individuals with Disabilities  
Vision and Independent Living Agency  
Washington Library for the Blind and Physically Handi-  
capped  
Washington Rehabilitation Institute  
Washington (State of) Special Education Materials Clear-  
inghouse and Depository (SEMCAD)  
Western Union  
Whidbey Island Braillists

See also BOOKS AND PUBLICATIONS

Braille Forum, The

See: American Council of the Blind

Braille Monitor, The

See: National Federation of the Blind

Braille-Print Greeting Cards  
Cindy Wearster  
1922 Sylvan Way  
Bremerton, WA 98310  
(206) 377-1269

Wide variety of greeting cards in print and Braille available for purchase. Will mail.

See also BRAILLE



Cabrini Optical  
901 Boren  
Seattle, WA 98104  
(206) 623-3262

Carries a wide selection of magnification devices.

See also AIDS AND APPLIANCE

Camp Sealth  
Camp Fire Boys and Girls  
8511 15th NE  
Seattle, WA 98115  
(206) 461-8550  
1-800-451-2267 (Washington State Only)

Boys and girls entering grades 2-12 with visual impairments are welcome at regular sessions at Camp Sealth. The resident program includes swimming, boating, camp-outs, crafts and sports. Call for free brochure.

See also CHILDREN AND THEIR FAMILIES, RECREATION

Care Crisis Line  
2802 Broadway  
P.O. Box 839  
Everett, WA 98206-0839  
(206) 258-4357  
Zenith 8770 (Operator-assisted free call in Snohomish County)  
Community Information Line: (206) 258-4227  
1-800-223-8145

Child Care Resource and Referral Network: (206) 258-4213

A Volunteers of America program serving all of Snohomish County and Camano Island. Provides crisis intervention, mental health emergency service, information and referral 24 hours per day, seven days a week.

Community Information Line provides information on transportation for disabled, senior and home-bound persons residing in their service area. Available Monday - Friday 8:30 AM - 5:00 PM. (Crisis Line provides information after hours.)

Child Care Resource and Referral Network provides referral for parents to licensed child care providers; service listings for child care providers; and enhanced child care referrals for employers. Monday - Friday 7:00 AM - 3:00 PM.

See also CHILDREN AND THEIR FAMILIES, EMERGENCIES, TRANSPORTATION

Central Co-op  
1835 12th Avenue  
Seattle, WA 98122  
(206) 329-1545

Natural and organic as well as special-diet foods. Member governed. Provides shopping assistance when requested to visually impaired persons. Wheelchair accessible. Low income persons exempt from paying membership dues. Open daily 9:00 AM - 9:00 PM.

See also FOOD

Central Seattle Chore Services  
100 23rd Avenue S.  
P.O. Box 22043  
Seattle, WA 98122  
(206) 324-2013  
Chore Service Reference: (206) 721-4000

Serves low income elderly and disabled clients authorized by Washington State Department of Health and Social Services. Field workers provide the chore services. Serves Downtown Seattle, Capitol Hill, and Central Area.

See also CHORE SERVICES



## CHILDREN AND THEIR FAMILIES

See: Blind Children's Center  
Camp Sealh  
Care Crisis Line  
Christian Record Services  
Developmental Learning Program for Visually Impaired  
Children and their Families  
Hadley School for the Blind  
National Braille Press  
Peninsula Center for the Blind  
Prevent Blindness  
Science Products for the Blind  
Washington (State of) Department of Services for the Blind  
Washington (State of) Department of Social and Health  
Services  
Washington State School for the Blind  
Washington State Program for Deaf-Blind Children  
Washington (State of) Special Education Materials Clear-  
inghouse and Depository (SEMCAD)  
Washington (State of) Superintendent of Public Instruc-  
tion  
Whidbey Island Braillists

Choice Magazine Listening  
85 Channel Drive  
Port Washington, NY 11050  
(516) 883-8280

Eight hours of literary selections from quality periodicals free ev-  
ery other month on four-track cassette.

See also BOOKS AND PUBLICATIONS

## CHORE SERVICES

See: Central Seattle Chore Services  
Fremont Chore Service  
Sea-Mar Community Health Center  
Volunteer Chore Ministry  
Washington (State of) Department of Social and Health  
Services



Christian Record Services  
4444 S. 52nd Street  
Box 6097  
Lincoln, NE 68506  
(402) 488-0981

Christian magazines and books in Braille, large print, and on flexible disc and cassette. National Camps for Blind Children.

See also BOOKS AND PUBLICATIONS, CHILDREN AND THEIR FAMILIES

### City Light Utility Credit Program

See: Seattle (City of) Mayor's Office for Senior Citizens

Client Assistance Program (CAP)  
2531 Rainier Avenue S.  
Seattle, WA 98144  
(206) 721-4050  
1-800-544-2121

An Ombudsman/Advisory Service which provides information about and a grievance procedure with Department of Vocational Rehabilitation, Services for the Blind, Projects with Industry, and the Independent Living Program.

See also ADVOCACY

### Coalition Connection

See: Washington Coalition of Citizens with disAbilities

Coalition for Information Access for Print Impaired Persons  
John Kelly, Secretary  
Recording for the Blind, Inc.  
20 Roszel Road  
Princeton, NJ 08540  
(609) 452-0606, Ext. 232

Addresses the persistent problems related to the location of, and access to, reading materials for blind and visually impaired persons. Is assessing the development of a comprehensive listing system for all materials produced in Braille, large print, and recorded form in North America.

See also BOOKS AND PUBLICATIONS

Coalition of Disabled Persons of Snohomish County  
P. O. Box 7363  
Everett, WA 98201  
(206) 258-2253

A self-help organization providing education, information, socialization, and recreation.

See also CONSUMER ORGANIZATIONS, RECREATION

Coalition of Handicapped Organizations (COHO)  
Bagley Center  
4100 Plomondon Street  
Vancouver, WA 98661  
(206) 693-8819  
TDD: (206) 693-8835

Provides counseling and independent living skills training for visually, hearing and physically disabled persons, information and referral, and computer training.

See also COMPUTER TECHNOLOGY, COUNSELING, INFORMATION AND REFERRAL, REHABILITATION

Columbia Club  
424 Columbia  
Seattle, WA 98104  
(206) 622-6460  
Monday through Friday, 8:30 AM - 4:00 PM



For persons 60 years of age and older. This club offers health care, exercise classes, classes in current events, creative writing, conversational English, Braille, typing, and volunteer program.

See also BRAILLE, HEALTH CARE, RECREATION, SENIORS

Community Service Center for the Deaf and Hard-of-Hearing  
1609 19th Avenue  
Seattle, WA 98122  
(206) 322-4996

Offers interpreter referral services, emergency interpreter service, interpreted telephone calls, independent living services, library, bookstore, legal advocacy for hard-of-hearing, deaf and deaf-blind persons, and information and referral to other agencies.

See also BOOKS AND PUBLICATIONS, DEAF-BLIND SERVICES, EMERGENCIES, INFORMATION AND REFERRAL

Community Services for the Blind and Partially Sighted (CSBPS)  
9709 Third Avenue NE #100  
Seattle, WA 98115  
(206) 525-5556 (Voice or TDD)  
1-800-458-4888 (Washington State Only)  
(206) 252-1110 (Everett)

Formerly Vision Services - An Agency for the Visually Impaired. Provides wide variety of services, including orientation and mobility, activities of daily living, personal and household management training, counseling, personal growth workshops, low vision services, and public education. Volunteer program for mail reading, shopping assistance and friendly visiting. Taping program. Aids and appliances store on premises; write or call for free catalogue. Information on area support groups. Braillewriter repair program. Kurzweil Reading Machine available to trained users. Publishes The Update monthly in large print and Braille, and Foresight, for eye care professionals and social service



agencies. Producer of INFORMATION GUIDE: RESOURCES IN WASHINGTON STATE FOR PERSONS WHO ARE BLIND OR PARTIALLY SIGHTED.

See also AIDS AND APPLIANCES, BOOKS AND PUBLICATIONS, BRAILLE, COUNSELING, INFORMATION AND REFERRAL, LOW VISION SERVICES, REHABILITATION, VOLUNTEER SERVICES

Community Transit  
8905 Airport Road  
Everett, WA 98204  
(206) 353-7433  
1-800-562-1375

Snohomish County, except for the City of Everett, is served by this transit company. Legally blind persons can get a permit allowing holders to ride on the system any time at reduced rates or to buy a monthly pass at reduced rates.

See also TRANSPORTATION

Compact Travel Aids  
P. O. Box 25795  
Seattle, WA 98125-1295  
(206) 526-2401

Produces bus number identifier for use in congested urban areas. Color coded for senior, visually impaired, disabled, and deaf-blind persons. Also available at Community Services for the Blind and Partially Sighted.

See also AIDS AND APPLIANCES, TRANSPORTATION

## COMPUTER TECHNOLOGY

See: American Printing House for the Blind  
Coalition of Handicapped Organizations  
Computerized Books for the Blind and Print Disabled  
Kurzweil Computer Products

National Support Center for People with Disabilities  
Library Equal Access Project  
Pacific Northwest Blind and Low Vision Computer Users  
Group  
Tacoma Area Coalition of Individuals with Disabilities  
TELESENSORY, Inc.

See also AIDS AND APPLIANCES

Computerized Books for the Blind and Print Disabled  
52 Corbin Hall  
University of Montana  
Missoula, MT 59812  
(406) 243-5481

By arrangement with publishers, provides computer documentation as well as other books, with priority given to textbooks and reference materials, in ASCII format on computer disks for use with large print monitors, speech output, and other modified computers. Users must be certified as print disabled and pay a \$25 registration fee for which they receive two free books up to \$40 in value. Thereafter books are \$10 for the first disk and \$5 for each additional. Write for information.

See also BOOKS AND PUBLICATIONS, COMPUTER TECHNOLOGY

## CONSUMER ORGANIZATIONS

See: American Council of the Blind  
American Foundation for the Blind, Inc.  
Association for Education and Rehabilitation of the Blind  
and Visually Impaired  
Association for Macular Disease  
Blind Veteran's Association  
Coalition of Disabled Persons of Snohomish County  
Lions Information Center  
National Association for the Visually Handicapped  
National Federation of the Blind  
National Retinitis Pigmentosa Foundation



Tacoma Area Blind  
Washington State Deaf-Blind Citizens

## COUNSELING

See: Coalition of Handicapped Organizations  
Community Services for the Blind and Partially Sighted  
Easter Seal Society of Washington  
Helen Keller National Center for Deaf-Blind Youth and  
Adults  
Lighthouse for the Blind  
Lilac Blind Foundation  
Portland Optometric Clinic of Pacific University  
Seattle Mental Health Institute  
Vision and Independent Living Agency  
Vision Northwest  
Washington Rehabilitation Institute

### Crisis Clinic

1515 Dexter Avenue N.  
Suite 300

Seattle, WA 98109

Community Information Line: (206) 461-3210 (Voice and TDD)

Crisis Line: (206) 461-3222 (Voice and TDD)

Provides problem solving, emotional support, and referrals to social and health services. Information on 2,500 social service agencies in King County is kept current in computerized resource files and is available by phone or on purchased print-outs for specific questions. Publishes Where to Turn on Seattle and King County Social Service agencies.

See also DEAF-BLIND SERVICES, EMERGENCIES

### Deaf-Blind Service Center

2366 Eastlake Avenue E.

Suite 312

Seattle, WA 98102

(206) 323-9178 (Voice and TDD)



Addresses needs of deaf-blind adults and their families by making referrals, providing support, and helping to coordinate the efforts of other agencies. Any person who has or will have a significant loss of hearing and sight can seek services.

See also ADVOCACY, DEAF-BLIND SERVICES, EMERGENCIES, INFORMATION AND REFERRAL

## DEAF-BLIND SERVICES

See: American Brotherhood for the Blind  
Community Service Center for the Deaf and Hard-of-Hearing  
Crisis Clinic  
Deaf-Blind Service Center  
Hearing, Speech and Deafness Center  
Helen Keller National Center for Deaf-Blind Youth and Adults  
Lighthouse for the Blind  
National Retinitis Pigmentosa Foundation  
Seattle Mental Health Institute  
Washington State TDD Relay Service  
Washington State Program for Deaf-Blind Children  
Washington State Deaf-Blind Citizens  
Washington (State of) Department of Vocational Rehabilitation

DECOD Program  
University of Washington Dental School  
University Health Services Building  
Room B-239  
Seattle, WA 98195  
(206) 543-4619

Low cost dental care for disabled persons.

See also HEALTH CARE

Department of Game

See: Washington (State of) Department of Wildlife

Department of Labor and Industry

See: Washington (State of) Department of Labor and Industry

Department of Services for the Blind

See: Washington (State of) Department of Services for the  
Blind

Department of Social and Health Services

See: Washington (State of) Department of Social and Health  
Services

Department of Vocational Rehabilitation

See: Washington (State of) Department of Vocational Reha  
bilitation

Department of Wildlife

See: Washington (State of) Department of Wildlife

Developmental Learning Program for Visually Impaired Children  
and their Families

Barbara Kaner

Department of Special Services

Puget Sound Education Service District

12320 80th Avenue S.

Seattle, WA 98178

(206) 772-3636

(206) 454-9965

Individual programs include in-home and out-of-home services,  
encouraging self-sufficiency and development to meet specific



needs of visually impaired children from birth to three years old. Referrals to appropriate pre-schools after age three provided. Service offered to children and their families free of charge. Parental support groups also available.  
See also CHILDREN AND THEIR FAMILIES, EDUCATION

Diabetes Supply Club  
3510 NE 57th Avenue  
Portland, OR 97213  
1-800-358-2525

Supplies for visually impaired diabetics, including Accu-check Freedom, Touch and Talk, and Count-a-dose.

See also AIDS AND APPLIANCES

Dial-A-Ride Transportation (DART)  
3404 111th Place SW  
Everett, WA 98204  
(206) 347-5912  
1-800-562-1381

Provides van service to persons disabled or over 64 in Snohomish County.

See also TRANSPORTATION

Dialogue With the Blind  
3100 S. Oak Park Avenue  
Berwin, IL 60402-3095  
(312) 739-1908  
FAX: (312) 749-2512

Available by loan from corresponding libraries, including Washington Library for the Blind and Physically Handicapped, this magazine features personal accounts on coping with blindness, a forum for blind poets and fiction writers, and special interest sections such as Technology and Lifestyles. Available in Braille, disc, cassette, and large print; issued quarterly. Can be purchased for \$20 annually.



See also BOOKS AND PUBLICATIONS

Different Times

2600 NE 125th, #4  
Seattle, WA 98125  
(206) 361-0572

Self-described as "the newspaper dedicated to the proposition that all persons are created different, but equal." \$15/year for monthly newspaper covering disability rights, commentary, arts, services.

See also BOOKS AND PUBLICATIONS

Disability Research and Information Coalition  
3530 Stone Way N.  
Seattle, WA 98103  
(206) 548-0120

Researches developments in access and accommodation. Publishes Habilitation News.

See also ADVOCACY

Disabled Student Services

See: EDUCATION

DOER Program

See: Washington (State of) Department of Services for the Blind

DOG GUIDES

See: Guide Dog Foundation for the Blind, Inc.  
Guide Dogs for the Blind, Inc.  
Guiding Eyes for the Blind, Inc.  
International Guiding Eyes, Inc.  
Leader Dogs for the Blind  
Pilot Dogs, Inc.

Seeing Eye, Inc.  
Service Dogs for Freedom

Easter Seal Society of Washington  
521 Second Avenue W.  
Seattle, WA 98119  
(206) 281-5700

Easter Seal programs aim at increasing independent living skills of persons with disability. Programs include: camping and therapeutic recreation, durable medical equipment loan, access modification, counseling, and educational programming.

Easter Seal programs do not offer emergency housing or financial assistance, but rather provides direct services as described above.

See also COUNSELING, INFORMATION AND REFERRAL, RECREATION

Edmund Scientific Supply  
101 E. Galuster Pike  
Barrington, NJ 08007

Write for catalogue of aids and appliances.

See also AIDS AND APPLIANCES

## EDUCATION

See: Developmental Learning Program for Visually Impaired  
Children and their Families  
Governor's Committee on Employment of the Handi-  
capped  
Hadley School for the Blind  
Washington State Program for Deaf-Blind Children  
Washington State School for the Blind  
Washington (State of) Superintendent of Public Instruc-  
tion  
Washington (State of) Special Education Materials Clear-  
inghouse and Depository (SEMCAD)

Or call your local elementary or secondary Special Education Program or the Disabled Student Services at your college or university.

## EMERGENCIES

See: Care Crisis Line  
Community Service Center for the Deaf and Hard-of-Hearing  
Crisis Clinic  
Deaf-Blind Service Center  
Seattle Emergency Housing

## EMPLOYMENT

See: Governor's Committee on Employment of the Handicapped  
Job Opportunities for the Blind  
Lighthouse for the Blind  
National Braille Press  
Venture Advisory Services  
Washington Coalition of Citizens with disabilities  
Washington (State of) Department of Employment Security  
Washington (State of) Department of Services for the Blind  
Washington (State of) Department of Vocational Rehabilitation

Everett City Transit  
3200 Cedar  
Everett, WA 98201  
(206) 259-8898

An identification card for blind riders allowing free transportation is available at Everett City Hall. For those who are elderly and/or disabled, transportation can be provided by van service available through the Everett Senior Center.

See also TRANSPORTATION



Everett Parks and Recreation Department  
Mailing address: 3002 Wetmore  
Everett, WA 98201  
Direct address: 802 Mukilteo Boulevard  
Everett, WA 98203  
(206) 259-0300

Provides recreational opportunities for blind and visually impaired persons, including dances, skiing, sports, and weekly events for children.

See also RECREATION

### Evergreen Braille Service

See: Washington Library for the Blind and Physically Handicapped

Evergreen Legal Services  
401 Second Avenue, Suite 401  
Seattle, WA 98104  
(206) 464-5911  
Snohomish County:  
401 Central Building  
1721 Hewitt Avenue  
Everett, WA 98201  
(206) 258-2681

Free legal advice and representation for individuals or groups with low income are given on civil matters. Other Washington State offices: for information call (206) 464-5933.

See also LEGAL ASSISTANCE

### Evergreen Radio Reading Service

See: Washington Library for the Blind and Physically Handicapped

Evergreen Travel Service, Inc.  
19505-L 44th Avenue W.  
Lynnwood, WA 98036  
(206) 776-1184  
1-800-562-9296

Offers White Cane Tours for low vision or blind persons to many areas of the United States and other countries. Service includes most meals, hotel accommodations, sightseeing, and special entertainment, as well as travel fare, tips, and some taxes and entrance fees. Sighted guides accompany at a ratio of one per every three visually impaired persons.

See also RECREATION

## EYE CARE

See: American Academy of Ophthalmology  
Group Health Cooperative of Puget Sound  
National Eye Care Project  
New Eyes for the Needy  
Oregon Optometric Association  
Prevent Blindness  
Washington Optometric Association  
Washington State Academy of Ophthalmology  
Washington (State of) Department of Social and Health  
Services

See also HEALTH CARE, LOW VISION SERVICES

Father Palmer Memorial Braille Services, Inc.  
516 Great Western Building  
Spokane, WA 99201  
(509) 624-9843

Library and textbook assignments including French, Spanish and German. Meets third Tuesdays at 10:30 AM each month, September through May, at headquarters.

See also BRAILLE



## Federal Income Tax Exemption

See: United States Internal Revenue Service

## FINANCIAL ASSISTANCE

See: Social Security Administration  
Washington (State of) Department of Labor and Industry  
Washington (State of) Department of Social and Health  
Services

## Fishing License

See: Washington (State of) Department of Wildlife

## FOOD

Many groceries and supermarkets will provide shopping assistance if you call ahead to arrange for a clerk to help you. The stores and agencies below have relief programs or special diet foods.

See: Central Co-op  
Food Life Line/Seattle's Table  
Meals on Wheels  
Mobile Market  
Northwest Harvest  
Puget Consumers' Co-op  
Washington (State of) Department of Social and Health  
Services

Food Life Line/Seattle's Table  
5230 15th Avenue NE  
Seattle, WA 98155  
(206) 545-6600

Regional food bank distributor. Serving King County food banks, shelters, and meal programs. Prepared food recovery program.

See also FOOD

Fremont Chore Service  
3601 Fremont Avenue N.  
Seattle, WA 98103  
(206) 632-1285

For eligible persons 65 years of age or older or disabled who need help with necessary household tasks. The program is funded through Washington Department of Health and Human Services and serves eligible people in Seattle's North End. Services available for persons not eligible for State services.

See also CHORE SERVICES

Friend to Friend Program  
P. O. Box 98766  
Seattle, WA 98198  
(206) 246-5150

Recruits and matches volunteers on a one-to-one basis with persons who live in nursing homes and retirement homes with the purpose of forming friendships.

See also SENIORS, VOLUNTEER SERVICES

"GA": The Newsletter of the Community Service Center for the Deaf and Hard-of-Hearing

See: Community Service Center for the Deaf and Hard-of-Hearing

General Educational Development (GED) Test

See: Washington (State of) Superintendent of Public Instruction

Governor's Committee on Employment of the Handicapped  
212 Maple Park, MS KG-11  
Olympia, WA 98504-5311  
(206) 753-1547  
TDD: (206) 753-7185



Researches and distributes information on training for and employment of disabled persons. Produces a variety of publications on the subject.

See also EDUCATION, EMPLOYMENT

Group Health Cooperative of Puget Sound  
Central Specialty Center  
200 15th Avenue E.  
Seattle, WA 98112  
(206) 326-3133

For Group Health members only. Services include ophthalmology, optometry, optical dispensary and on-staff low vision aids training. Aids are provided on loan for trial with no rental fee. A follow up appointment is scheduled for six months later.

See also EYE CARE, LOW VISION SERVICES

GTE Northwest  
2312-C W. Casino Road  
P. O. Box 1003  
Everett, WA 98206  
(206) 258-9511

Offers exemptions for directory assistance charges to visually impaired and blind persons. Call to arrange for service. Dial operator for assistance in calling. Directory assistance exemption also qualifies you for Time of Day exemption. GTE also provides visually impaired customers with telephone aids.

See also AIDS AND APPLIANCES, UTILITIES

Guide Dog Foundation for the Blind, Inc.  
371 E. Jericho Turnpike  
Smithtown, NY 11787  
(516) 265-2121  
1-800-548-4337 (outside New York)

Trains dog guides and provides instruction for blind and visually impaired persons in use of guide.

See also DOG GUIDES

Guide Dogs for the Blind, Inc.  
350 Los Ranchitos Road  
P. O. Box 1200  
San Rafael, CA 94915  
(415) 499-4000

Northwest Field Representative: Chuck Jordan  
32919 SE Kelso Road  
Boring, OR 97009  
(503) 668-8155

Provides dog guides and training for visually impaired persons. Must be 16 years or older and able to undergo 28-day in-residence training program. Transportation provided. No charge for dog or training.

See also DOG GUIDES

Guiding Eyes for the Blind, Inc.  
611 Granite Springs Road  
Yorktown Heights, NY 10598  
(914) 245-4024

Breeds, raises, and trains dog guides and instructs blind individuals in their use to promote increased mobility and independence for blind individuals. Trains own instructors. Maintains follow up services for graduates of training.

See also DOG GUIDES

### Habilitation News

See: Disability Research and Information Coalition



Hadley School for the Blind  
700 Elm Street  
Winnetka, IL 60093  
1-800-323-4238

Offers correspondence courses on a wide variety of subjects (Braille, foreign languages, history, literature, amateur radio, business, religion, adjustment to blindness, computer literacy and more) free of charge to legally blind persons nationwide. Also offers several courses for parents of blind children.

See also BRAILLE, CHILDREN AND THEIR FAMILIES, EDUCATION, RECREATION

Harborview Hospital  
325 Ninth Avenue  
Seattle, WA 98104  
(206) 223-3225

Low vision clinic based on physician referral. Provides complete eye exam, consultation concerning appropriate aids, prescriptions, and assistance regarding the ordering of prescribed aids if applicable. Open Friday afternoons.

See also LOW VISION SERVICES

## HEALTH CARE

See: Columbia Club  
DECOD Program  
King County Public Health Department  
Snohomish Health Department  
Social Security Administration  
Tel-Med  
Veterans Administration  
Washington (State of) Department of Labor and Industry  
Washington (State of) Department of Social and Health Services  
Washington (State of) Department of Vocational Rehabilitation

Hearing, Speech and Deafness Center  
1620 18th Avenue  
Seattle, WA 98122  
(206) 323-5770 (Voice and TDD)

Hearing tests and aids, American Sign Language instruction, and general information and referral for hearing impaired and deaf-blind individuals.

See also DEAF-BLIND SERVICES, INFORMATION AND REFERRAL

Helen Keller National Center for Deaf-Blind Youth and Adults  
Northwest Regional Offices  
2366 Eastlake Avenue E., Suite 209  
Seattle, WA 98102  
(206) 324-9120 (Voice or TDD)

Provides consultation, advocacy, and counseling services for deaf-blind individuals and consultation to state and private agencies serving them.

See also ADVOCACY, COUNSELING, DEAF-BLIND SERVICES

## HOUSING

See: King County Housing Authority  
Seattle Emergency Housing  
Seattle (City of) Housing Authority  
Tacoma Area Coalition of Individuals with Disabilities  
United States Department of Housing and Urban Development

Howe Press of Perkins School for the Blind  
175 North Beacon Street  
Watertown, MA 02172  
(617) 924-3490



Write for catalogue (available in print and Braille). Braille writing equipment including Perkins Braillewriter.

See also AIDS AND APPLIANCES

Independent Living Aids, Inc.  
27 E. Mall  
Plainview, NY 11803  
(516) 752-8080  
1-800-537-2118

Write for catalogue of aids and appliances.

See also AIDS AND APPLIANCES

Independent Living Center Northwest  
2600 Walker Street  
Seattle, WA 98144  
(206) 328-1403

Affiliated with Community Home Health Care. Provides assessment, case management, and training to disabled individuals 16 years of age or older.

See also REHABILITATION

## INFORMATION AND REFERRAL

See: American Foundation for the Blind (Nationwide)  
Coalition of Handicapped Organizations (Vancouver)  
Community Service Center for the Deaf and Hard-of-Hearing (King)  
Community Services for the Blind and Partially Sighted (King, Snohomish, Skagit)  
Deaf-Blind Service Center (King)  
Easter Seal Society of Washington (State-wide)  
Hearing, Speech and Deafness Center (Puget Sound)  
Kitsap Community Action Program (Kitsap)  
Lilac Blind Foundation (Spokane)

Senior Information and Referral Service (King, Snohomish)  
Spokane Association for the Blind (Spokane)  
Tacoma Area Blind (Tacoma)  
Tacoma Area Coalition of Individuals with Disabilities  
(Tacoma)  
Vision and Independent Living Agency (Bellingham)  
Vision Northwest (Southwest Washington)  
Washington Coalition of Citizens with disabilities (Seattle)  
Washington Rehabilitation Institute (Tri-Cities)  
Washington (State of) General Information (State-wide)

Innovative Rehabilitation Technology, Inc. (IRTI)  
429 Castro Street  
Mountainview, CA 94041  
(415) 961-3161

Offers technical innovations for visually impaired persons, including AM/FM/TV receivers, special-access radios and components, clocks, talking scales, four-track cassette players, catalogue of recordings, and talking VCRs. Cassette magazine: Technical Innovations Bulletin.

See also AIDS AND APPLIANCES, BOOKS AND PUBLICATIONS

International Guiding Eyes, Inc.  
13445 Glenoaks Boulevard  
Sylmar, CA 91342  
(818) 362-5834

Trains dogs as guides for visually impaired persons, as well as in-residence training for the individual free of charge.

See also DOG GUIDES

Job Opportunities for the Blind  
1800 Johnson Street  
Baltimore, MD 21230  
1-800-638-7518



Coordinator for the State of Washington: Michael Freeman  
301 NE 107th Street  
Vancouver, WA 98685  
(206) 574-8221

Program funded by the U.S. Department of Labor and operated by the National Federation of the Blind to aid blind and visually impaired persons in obtaining employment. Materials provided include a monthly bulletin of job listings and information to help in learning job search skills. Open to all blind and visually impaired persons who are looking for jobs or a change in jobs.

See also BOOKS AND PUBLICATIONS, EMPLOYMENT

King County Assessor  
King County Administration Building  
Seattle, WA 98104  
(206) 296-3920

Tax exemptions are available for individuals who qualify by income, age, or physical disability.

See also TAX ASSISTANCE

King County Housing Authority  
15455 65th Avenue S.  
Seattle, WA 98158  
(206) 244-7750

Provides rental subsidies for low income and disabled persons, administered as Section 8 housing assistance.

See also HOUSING

King County Parks and Recreation Department  
2040 84th Avenue SE  
Mercer Island, WA 98040  
(206) 296-4232

Variety of recreational opportunities for disabled persons.

See also RECREATION

King County Public Defender's Office  
810 Third Avenue, Suite 800  
Seattle, WA 98104  
(206) 447-3900

Criminal defense available to all citizens.

See also LEGAL ASSISTANCE

King County Public Health Department  
110 Prefontaine Place S.  
Suite 600  
Seattle, WA 98104  
(206) 296-4600

Public Health clinics have many varied services available, including family planning, nursing services, Well-Child clinics, immunization, and AIDS programs.

See also HEALTH CARE

King County Records and Elections Division  
553 King County Administration Building  
500 4th Avenue  
Seattle, WA 98104  
(206) 296-1600

Visually impaired persons who wish to vote by absentee ballot may receive their ballots automatically by mail. Call for further information.

King's Tape Library for the Blind  
202 W. Grangeville Boulevard  
Hanford, CA 93230



Maintains a registry of small and special interest taping programs as well as a library of books they have produced. Inquiries for specific books must be accompanied by a self-addressed, stamped envelope, or a returnable container if on tape or in Braille.

See also BOOKS AND PUBLICATIONS

Kitsap Community Action Program (KCAP)  
Visually Impaired Persons Program  
1200 Elizabeth  
Bremerton, WA 98310  
(206) 377-0053  
1-800-338-3363

Provides information and referral services to visually impaired and blind persons in greater Kitsap County. Also independent living skills training, peer support groups and various recreational activities.

See also INFORMATION AND REFERRAL, RECREATION, REHABILITATION, SUPPORT GROUPS

Krames Communications  
312 90th Street  
Daly City, CA 94015  
(415) 994-8800  
1-800-228-8347

Library of medical information on cassette.

See also BOOKS AND PUBLICATIONS

Kurzweil Computer Products  
185 Albany Street  
Cambridge, MA 02139  
(617) 864-4700

Developer and distributor of Kurzweil Reading Machines.

See also AIDS AND APPLIANCES, COMPUTER TECHNOLOGY

Leader Dogs for the Blind  
1039 Rochester Road  
Rochester, MI 48063  
(313) 651-9011

Founded in 1939 by a group of Michigan Lions, provides dogs and facilities for individuals to be trained to use them.

See also DOG GUIDES

## LEAP

See: Library Equal Access Project

## LEGAL ASSISTANCE

See: Evergreen Legal Services  
King County Public Defender's Office  
Tel-Law

Library Equal Access Project (LEAP)  
Seattle Public Library  
1000 Fourth  
Seattle, WA 98104  
(206) 386-4690

Provides access to print materials through training and use of adaptive equipment, including Kurzweil Personal Reader, Kurzweil Reading Machine, VersaBraille, CCTV magnifiers, and personal computers equipped with speech synthesis and screen enlarging capabilities. Volunteer assistance is available for finding, retrieving, photocopying, and reading materials, as well as orientation to and escort within the Downtown Library.

See also AIDS AND APPLIANCES, BOOKS AND PUBLICATIONS, COMPUTER TECHNOLOGY, RECREATION



Lighthouse for the Blind  
2501 Plum Street  
P. O. Box C-14119  
Seattle, WA 98114  
(206) 322-4200

Provides structured employment in various manufacturing operations for legally blind, deaf-blind, and blind multiply-disabled adults. Vocational evaluations, on-the-job training, orientation and mobility training, rehabilitation teaching, communication skills training, and placement services available. Nationally accredited.

See also COUNSELING, DEAF-BLIND SERVICES, EMPLOYMENT, REHABILITATION

Lilac Blind Foundation  
North 1212 Howard  
Spokane, WA 99201  
(509) 328-9116  
1-800-422-7893

Non-profit organization serving blind and visually impaired persons in Eastern Washington. Provides rehabilitation teaching, including orientation and mobility training, communication skills, home teaching, aids and appliances, daily living skills training, Braille, peer support, counseling, low vision services, rehabilitation, and recreational activities. Offers library services in cooperation with Washington State Library for the Blind and Physically Handicapped, including textbook taping, radio reading service, equipment repair, and access to over 2,600 volume Braille and large print collection. Active volunteer services providing an array of services, including transportation, office support, reader and taping services. Public education/speakers available.

See also AIDS AND APPLIANCES, BOOKS AND PUBLICATIONS, BRAILLE, COUNSELING, INFORMATION AND REFERRAL, LOW VISION SERVICES, RECREATION, REHABILITATION, SUPPORT GROUPS, TRANSPORTATION, VOLUNTEER SERVICES

Lions Information Center  
Dorothy Flaim  
13623 36th NE  
Seattle, WA 98125  
(206) 363-3314

Lions Clubs assist with a wide variety of special programs for blind and visually impaired persons and deaf persons. Contact this number for information on Lions Clubs statewide.

See also CONSUMER ORGANIZATIONS

Lions Low Vision Clinic  
9709 Third Avenue NE, #100  
Seattle, WA 98115  
(206) 525-5556 (Voice or TDD)  
(206) 252-1110  
1-800-458-4888 (Washington State Only)

The Lions Low Vision Clinic offers comprehensive low vision services and training. An assessment discussing the visual tasks a person wants to perform is followed by a specialized low-vision optometric exam. Training with appropriate magnification and/or lighting systems, and instruction in different viewing and scanning techniques follows. Loaners are available to try out devices in home before purchase, and follow-up calls check on each person's progress. The Clinic is administered by Community Services for the Blind and Partially Sighted, and referrals are often made to other programs and services within the Agency.

See also LOW VISION SERVICES

Lions Low Vision Clinic of the Inland Empire  
W5206 Princeton Place  
Spokane, WA 99205  
(509) 328-3730

Open two days per week, variable hours. Unlimited area served. Referral required for eligibility. Supported by client fees. Non-profit organization.



See also LOW VISION SERVICES

Little Bit Special Riders Program  
19802 NE 148th Street  
Woodinville, WA 98072  
(206) 882-1554

Provides therapeutic horseback riding for all disabled persons.

See also RECREATION

## LOW VISION SERVICES

See: Community Services for the Blind and Partially Sighted  
Group Health Cooperative of Puget Sound  
Harborview Hospital  
Lilac Blind Foundation  
Lions Low Vision Clinic  
Lions Low Vision Clinic of the Inland Empire  
North Kitsap Medical Center  
Oregon Optometric Association  
Peninsula Center for the Blind  
Portland Optometric Clinic of Pacific University  
Veterans Administration  
Washington Optometric Association  
Washington State Academy of Ophthalmology

See also EYE CARE

Lutheran Braille Workers, Inc.  
P. O. Box 5000  
Yucaipa, CA 92399  
(714) 795-8977

Braille materials in an extensive selection of languages.

See also BOOKS AND PUBLICATIONS, BRAILLE



Matilda Ziegler Magazine  
20 W. 17th Street  
New York, NY 10011  
(212) 242-0263

Ten issues a year, available free in Braille and 8-1/3 RPM discs. Includes general interest articles reprinted from a wide range of newspapers, magazines and books. Also has news and information of special interest to visually impaired persons. Since 1907.

See also BOOKS AND PUBLICATIONS

Maxi Aids  
86-30 102nd Street  
Richmond Hill, NY 11418  
1-800-522-6294

Aids and appliances for visually impaired persons, as well as seniors and hearing impaired. Source for low vision aids. Write for catalogue.

See also AIDS AND APPLIANCES

Mayor's Office for Senior Citizens

See: Seattle (City of) Mayor's Office for Senior Citizens

Meals on Wheels  
1601 Second Avenue, Suite 800  
Seattle, WA 98101  
(206) 448-5767

Frozen meal program for persons 60 years of age and older (and some disabled persons under 60) who are homebound.

See also FOOD, SENIORS

MEMBERSHIP ORGANIZATIONS

See: CONSUMER ORGANIZATIONS

Metro Transit  
Customer Service Assistance Office  
821 Second Avenue  
Mailstop 442  
Seattle, WA 98104  
(206) 447-4824

Rider Information:	(206) 447-4800	(24 hours)
TDD:	(206) 684-1739	(24 hours)
Pass Sales:	(206) 624-PASS	(624-7277)
Lost and Found:	(206) 684-1585	
Commendations/Complaints:	(206) 447-4824	
TDD:	(206) 684-2029	
Elderly and Handicapped Transit Advisory Committee:	(206) 684-1138	

Disabled reduced fare permits are available for one-time photo fee. Permit holders may ride on Metro or buy monthly stickers for their permits at reduced rate. Persons who meet age or disability and income requirements may register also for the Taxicab Scrip Program which provides taxi services at one-half price. Van service also available in rural and suburban King County upon reservation. Elderly and Handicapped Transit Advisory Committee (EHTAC) presents concerns of these communities to Metro's operations departments.

Metro Elderly and Handicapped Transit Advisory Committee (EHTAC) is a citizens' committee advising Metro staff and the Transit Sub-committee on all issues, plans, and problems of transportation services for elderly and disabled persons.

See also TRANSPORTATION

Mobile Market  
1601 Second Avenue, Suite 800  
Seattle, WA 98101  
(206) 448-5767



Provides grocery delivery service for elderly homebound residents. Items are sold at cost. No delivery charge. No fresh meat or vegetables.

See also FOOD

National Accreditation Council for Agencies Serving the Blind and Visually Handicapped  
232 Madison, Suite 907  
New York, NY 10016  
(212) 779-8080

Formulates and updates standards for management and services for agencies serving visually impaired people, including orientation and mobility training and rehabilitation.

See also ADVOCACY

National Association for the Visually Handicapped  
3201 Balboa Street  
San Francisco, CA 94121  
(415) 221-3201

Only national voluntary health agency devoted solely to serving the approximately 14 million partially sighted individuals. Distributes information in large print. Visual aids available. Offers referrals and public and professional education.

See also AIDS AND APPLIANCES, CONSUMER ORGANIZATIONS

National Braille Press  
88 St. Stephen Street  
Boston, MA 02115  
(617) 266-6160

Braille printing and publishing house offering a variety of Braille books (including children's print-Braille books), magazines, newspapers, calendars, etc., for sale at affordable prices. Recently released a job-hunter's guide for the blind.

See also BOOKS AND PUBLICATIONS, BRAILLE, CHILDREN AND THEIR FAMILIES, EMPLOYMENT

National Eye Care Project  
P. O. Box 6988  
San Francisco, CA 94101-6988  
1-800-222-EYES (1-800-222-3937)

If a person is 65 or older, is a citizen or legal resident of the United States, and does not have a personal ophthalmologist, he or she may call the toll-free number for assistance. An operator will match the caller with a nearby ophthalmologist who has volunteered to provide care. Participating doctors provide medical eye exams and treatment for conditions or diseases, if necessary. Eyeglasses, prescriptions, hospital services and other medical services are not covered under this program.

See also EYE CARE

National Federation of the Blind  
1800 Johnson Street  
Baltimore, MD 21230  
(301) 659-9314

State Affiliate:  
P. O. Box 2516  
Seattle, WA 98111  
(206) 823-6380

Membership organization which distributes literature about blindness, has a Public Awareness Program and works for equal opportunity and optimal services for visually impaired persons. Publications include The Braille Monitor and The Blind Washingtonian.

See also BOOKS AND PUBLICATIONS, CONSUMER ORGANIZATIONS



National Handicapped Sports and Recreation Association  
P. O. Box 75614  
Seattle, WA 98125  
(206) 363-6510

Provides recreational opportunities for individuals with a variety of disabilities. Meets second Monday of every month at 7:00 PM at the University Branch of Seattle Public Library.

See also RECREATION

### National Library Service for the Blind

See: Washington Library for the Blind and Physically Handicapped

National Retinitis Pigmentosa Foundation  
1401 West Mount Royal, 4th Floor  
Baltimore, MD 21217  
(301) 225-9400 (Baltimore)  
1-800-638-2300 (outside Baltimore)  
TDD: (301) 225-9409

Provides information on Retinitis Pigmentosa and assorted retinal degenerations including Usher's Syndrome and Macular Degeneration, and referrals to local Retinitis Pigmentosa affiliates across the country. Funds research. Offers support groups. Coordinates national registry and retina donor programs for RP patients. Publishes periodic newsletter.

See also BOOKS AND PUBLICATIONS, CONSUMER ORGANIZATIONS, DEAF-BLIND SERVICES, SUPPORT GROUPS

National Support Center for People with Disabilities  
P.O. Box 2150 (HO6RI)  
Atlanta, GA 30055  
1-800-426-2133

Provides information on advances in computer technology which enable the visually impaired.

See also COMPUTER TECHNOLOGY

New Eyes for the Needy  
P.O. Box 332  
549 Milburn Avenue  
Short Hills, NJ 07078  
(201) 376-4903

Provides eyeglasses for those who cannot afford them. Nationwide service.

See also EYE CARE

North Kitsap Medical Center  
20700 Bond Road NE  
Poulsbo, WA 98370  
(206) 779-2020  
1-800-562-2020

Provides functional assessment, eye examinations and consultation for prescribed spectacles or other optical aids. Referrals are welcome.

See also LOW VISION SERVICES

Northwest Association of Blind Athletes  
Dick Anderson  
Washington State School for the Blind  
2214 E. 13th Street  
Vancouver, WA 98661  
(206) 696-6246

This organization of blind and visually impaired athletes participate in Olympic-style athletics, has national competitions and has had competitors in the Olympic Games.

See also RECREATION



Northwest Braille Services  
P.O. Box 234  
Ferndale, WA 98248  
(206) 384-6494 or (206) 671-1952

Provides Braille transcription for individuals as well as training in Braille transcription.

See also BRAILLE

Northwest Foundation for the Blind  
5250 Rainier Avenue S.  
Seattle, WA 98118  
(206) 722-7171

A private charitable corporation which conducts research, develops and promotes education and rehabilitation programs, facilities and devices. Braille research and development, project sponsorship, Thiel Braille Embosser.

See also BRAILLE

Northwest Harvest  
711 Cherry Street  
Seattle, WA 98104  
(206) 625-0755

Provides food for basic survival needs.

See also FOOD

Oral Hull Foundation  
James Duff  
P.O. Box 157  
Sandy, OR 97055  
(503) 771-8786 or (503) 284-5278

Offers week-long recreation camp sessions for blind and visually impaired adults in Oregon's woodlands, including trout fishing, day trips, and arts and crafts.

See also RECREATION

Oregon Optometric Association  
17898 SW McEwan Road  
Portland, OR 97224  
(503) 639-5036

Referral for low vision clinics and specialists as well as eye care in general for the Greater Portland area and Oregon in general.

See also EYE CARE, LOW VISION SERVICES

Pacific Northwest Blind and Low Vision Computer Users Group  
(206) 282-8797

Formed to provide blind and visually impaired computer users with mutual support and news on new products and adaptive equipment.

See also COMPUTER TECHNOLOGY

Peninsula Center for the Blind  
4151 Middlefield Road, #101  
Palo Alto, CA 94303  
(415) 858-0202

Provides variety of rehabilitative and supportive services for visually impaired persons including low vision services. Publishes How to Help People Who Are Losing Their Sight, written for family members who are facing the news that their parent, spouse, or child will have permanently impaired sight.

See also BOOKS AND PUBLICATIONS, CHILDREN AND THEIR FAMILIES, LOW VISION SERVICES

Pierce County Association of the Blind  
7415 Steilacoom Boulevard SW  
Tacoma, WA 98499  
(206) 588-3596



Provides an information clearinghouse by phone and organizes social activities for adult blind members. Functions out of a private home.

See also RECREATION

Pilot Dogs, Inc.  
625 West Town Street  
Columbus, OH 43215  
(614) 221-6367

Non-profit organization which trains and furnishes Pilot Dogs to guide blind persons.

See also DOG GUIDES

Portland Optometric Clinic of Pacific University  
1976 SW Sixth Avenue  
Portland, OR 97201  
(503) 224-2323 (Voice)  
(503) 241-0222 (TDD)

Low vision evaluation and training with aids available on loan for trial and for purchase. Also counseling, rehabilitation, and genetic counseling.

See also COUNSELING, LOW VISION SERVICES, REHABILITATION

Prevent Blindness  
444 NE Ravenna Place, #200-C  
Seattle, WA 98115  
(206) 525-8332

Provides free vision screenings for pre-school children, professional training to school and public health departments in vision screening techniques. Provides a wide variety of publications on the eye and eye disorders.

See also BOOKS AND PUBLICATIONS, CHILDREN AND THEIR FAMILIES, EYE CARE

## Public Defender's Office

See: King County Public Defender's Office  
or call Directory Assistance for your County Public Defender

## Public Health Department

See: King County Public Health Department  
Snohomish County Public Health Department  
or call Directory Assistance for your County Public Health Department

## Puget Consumers' Co-op

Central offices: 4201 Roosevelt Way NE

Seattle, WA 98105

(206) 547-1222

Stores in Kirkland, Seward Park, Ravenna, View Ridge, Green Lake, and West Seattle. Natural and organic food, as well as special-diet foods. Books on special diets and healthy food preparation. Member governed. Holders of Seattle Mayor's Office for Senior Citizens identification card for disabled persons are allowed to shop at member prices without paying membership fees. Volunteers at each store will provide store tours.

See also FOOD

## Readings for the Blind, Inc.

29451 Greenfield Road, Suite 118

Southfield, MI 48076

(313) 557-7776

Records textbooks and other reading materials on tape. May borrow or purchase cassettes.



See also BOOKS AND PUBLICATIONS

Recording for the Blind, Inc.  
20 Roszel Road  
Princeton, NJ 08540  
(609) 452-0606  
1-800-221-4792 (to order recordings only)

Provides recorded educational books and other library services to individuals who cannot read standard material because of a visual, physical, or perceptual disability. RFB's 75,000-volume master tape library is the largest resource of taped educational books in the world. Also provides bibliographic services and recording services. Services are free of charge, but there is a one-time only registration fee.

See also BOOKS AND PUBLICATIONS

## RECREATION

See: Audio Description Service  
Blind Bowlers of Spokane  
BOLD, INC.  
Bowen Lodge by the Sea  
Camp Sealth  
Coalition of Disabled Persons of Snohomish County  
Columbia Club  
Easter Seal Society of Washington  
Everett Parks and Recreation Department  
Evergreen Travel Service, Inc.  
Habilitation News  
Hadley School for the Blind  
King County Parks and Recreation Department  
Kitsap Community Action Program  
Library Equal Access Project  
Lilac Blind Foundation  
Little Bit Special Riders Program  
National Handicapped Sports and Recreation Association  
Northwest Association of Blind Athletes

Oral Hull Foundation  
Pierce County Association of the Blind  
Sailing for the Visually Impaired  
Seattle (City of) Parks and Recreation Department  
Seattle (City of) Mayor's Office for Senior Citizens  
Seattle Rainers  
Ski For Light Puget Sound  
Skiforall Ski School  
Snohomish County Division of Parks and Recreation  
Spokane Association for the Blind  
Spokane Foundation for the Blind  
United States Braille Chess Foundation  
Washington Library for the Blind and Physically Handi-  
capped Evergreen Radio Reading Service  
Washington State Deaf-Blind Citizens  
Washington State Department of Wildlife  
Washington (State of) Department of Services for the  
Blind - DOER Program

## REHABILITATION

See: Coalition of Handicapped Organizations  
Community Services for the Blind and Partially Sighted  
Independent Living Center Northwest  
Kitsap Community Action Program  
Lighthouse for the Blind  
Lilac Blind Foundation  
Portland Optometric Clinic of Pacific University  
Tacoma Area Coalition of Individuals with Disabilities  
Vision and Independent Living Agency  
Vision Northwest  
Washington Rehabilitation Institute  
Washington (State of) Department of Services for the Blind

Sailing for the Visually Impaired  
Jim Green, Coordinator  
17110 105th Avenue NE  
Bothell, WA 98011  
(206) 488-4312



Offers a program on Lake Washington in recreational sailing (light competition) for visually impaired persons with or without sighted companions. Participants must be able to swim and pass a float test.

See also RECREATION

Science Fiction for the Blind  
RFD 1 Box 63  
Center Harbor, NH 03226-9729  
(603) 253-6207

Library of science fiction books and periodicals.

See also BOOKS AND PUBLICATIONS

Science Products for the Blind  
Box 888  
Southeastern, PA 19399  
(213) 246-2111  
1-800-888-7400

Write for catalogue. Items include: full four-track cassette recorders, full line of special tools and instruments, talking health care items, aids and appliances, and clocks. Also carry wide line of toys, games, and books for visually impaired children.

See also AIDS AND APPLIANCES, CHILDREN AND THEIR FAMILIES

Sea-Mar Community Health Center  
Chore Services  
8720 14th Avenue S.  
Seattle, WA 98108  
(206) 762-3730  
(206) 764-4700

Serves low income elderly and disabled clients authorized by Washington State Department of Social and Health Services caseworkers. Paid workers provide the chore services in South and West Seattle, Burien, and Vashon Island.

See also CHORE SERVICES

Seattle Area Braillists, Inc.  
13746 Corliss Avenue N.  
Seattle, WA 98133  
(206) 362-3764

Volunteer textbook and literary Braille; mathematics, music, foreign language, computer. Meets bimonthly, workshop-type meetings. Assignments from schools, individuals. Braille instruction to sighted persons.

See also BRAILLE

Seattle (City of) Division on Aging

See: Seattle (City of) Mayor's Office for Senior Citizens

See also UTILITIES

Seattle (City of) Housing Authority  
120 Sixth Avenue N.  
Seattle, WA 98109  
(206) 443-4411

Low income housing located within Seattle area for disabled and elderly persons.

See also HOUSING

Seattle (City of) Mayor's Office for Senior Citizens  
618 Second Avenue  
Seattle, WA 98104  
(206) 684-0500



Provides advocacy for disabled and elderly persons, as well as identification card for eligibility for a variety of City programs (such as Utility Credit) and attractions (including lower entrance fee to Aquarium and Zoo).

See also ADVOCACY, RECREATION, UTILITIES

Seattle (City of) Parks and Recreation Department  
100 Dexter Avenue N.  
Seattle, WA 98109  
(206) 684-4950

Provides recreational opportunities for visually impaired persons. These include special tactile tours of Woodland Park Zoo, special swims at Medgar Evers Pool, and audio description and Braille maps at Seattle Aquarium.

See also RECREATION

Seattle Emergency Housing  
905 Spruce Street, Suite 111  
Seattle, WA 98104  
(206) 447-3660

Provides emergency housing for families with dependent children. Screening done by phone to determine eligibility. Office hours 8:30 AM to 4:30 PM Monday through Friday.

See also EMERGENCIES, HOUSING

Seattle Mental Health Institute  
1600 E. Olive Street  
Seattle, WA 98122  
(206) 281-4300  
TDD: (206) 281-4398

Provides comprehensive, accessible individual, group, and family counseling for disabled persons. Special services offer sup-

port for persons facing vision loss and adjustment. Full interpreter services for deaf-blind clients. Physician-directed services with medication monitoring available.

See also COUNSELING, DEAF-BLIND SERVICES

## Seattle Public Library Equal Access Project

See: Library Equal Access Project

## Seattle Railers

c/o Dick

9816 51st SW

Seattle, WA 98136

(206) 763-1838

This bowling club for blind, visually impaired, and sighted bowlers meets Saturday mornings at Sunset Lanes in Ballard.

See also RECREATION

## Seattle's Table

See: Food Life Line/Seattle's Table

## Seeing Eye, Inc.

Washington Valley Road

P. O. Box 375

Morristown, NJ 07963-0375

(201) 539-4425

Instructs qualified blind individuals to use Seeing Eye dogs.

See also DOG GUIDES

## SEMCAD

See: Washington (State of) Special Education Materials Clearinghouse and Depository



SENIOR CENTERS

See: Senior Services and Centers

Senior Information and Referral Service

- King County: (206) 448-3110
- Snohomish County: (206) 259-7113
- Skagit County: (206) 336-9346

Comprehensive information and referral for both disabled and non-disabled seniors.

See also INFORMATION AND REFERRAL, SENIORS

SENIOR SERVICES AND CENTERS

Western Washington

- Aberdeen ..... (206) 533-9385
- Battleground..... (206) 687-7126
- Bellingham ..... (206) 733-4030
- Bremerton..... (206) 479-5588
- or ..... 1-800-562-6418
- Camano Island ..... (206) 387-6201
- Chehalis ..... (206) 748-6031
- East Sound..... (206) 376-2677
- Everett..... (206) 259-7113
- Friday Harbor ..... (206) 378-2677
- Forks ..... (206) 374-9496
- King County ..... (206) 448-3110
- or ..... 1-800-972-9990
- Langley ..... (206) 321-1600
- Longview ..... (206) 795-8669
- Lopez ..... (206) 468-2421
- Morton ..... (206) 496-3230
- Mount Vernon..... (206) 336-9345
- Oak Harbor..... (206) 675-0311
- Olympia ..... (206) 943-6188
- Port Angeles ..... (206) 452-3221

Port Townsend .....	(206) 385-2552
Puyallup (all of Pierce County except Tacoma) .....	(206) 841-5555
Raymond .....	(206) 942-2177
Shelton .....	(206) 426-9612
Snohomish County .....	1-800-422-2024
Tacoma .....	(206) 591-5090
or .....	1-800-562-0332
Vancouver .....	(206) 253-4790
Washougal .....	(206) 696-5057

## Eastern Washington

Clarkston .....	(509) 758-2355
Colfax .....	(509) 397-4750
Colville .....	(509) 684-8421
Dayton .....	(509) 382-4787
Ellensburg .....	(509) 925-1928
Goldendale .....	(509) 773-3757
Kennewick .....	(509) 735-0315
or .....	(509) 582-3475
Moses Lake .....	(509) 765-8844
Omak .....	(509) 826-4901
Pasco .....	(509) 545-3459
Pomeray .....	(509) 843-3008
Prosser .....	(509) 786-3066
Republic .....	(509) 775-3341
Spokane .....	(509) 458-7450
Stevenson .....	(509) 427-5166
Sunnyside .....	(509) 872-2641
Toppenish .....	(509) 865-2404
Walla Walla .....	(503) 938-3311
Wenatchee .....	(509) 662-3831
or .....	1-800-572-4459
White Salmon .....	(509) 493-3068
Wilbur .....	(509) 647-2449
Yakima .....	(509) 575-6632

For more information on the full range of services offered for senior citizens, contact the Senior Information and Assistance phone number for your location.



See also SENIORS

## SENIORS

See: Columbia Club  
Friend to Friend Program  
Meals on Wheels  
Senior Information and Referral Service  
Washington State Association of Senior Centers

See also SENIOR SERVICES AND CENTERS

Service Dogs for Freedom  
Victoria Doroshenko  
P. O. Box 5016  
Tacoma, WA 98405  
(206) 572-3277

Information, referral and advocacy concerning dog guides, hearing dogs, and other specially trained canine assistants.

See also DOG GUIDES

Skagit Insight  
Barb Edwards  
1319 11th Avenue S.  
Mount Vernon, WA 98273  
(206) 421-9675

Newsletter oriented to visually impaired Skagit County residents.

See also BOOKS AND PUBLICATIONS

Skiforall Ski School  
4105 E. Madison, #320  
Seattle, WA 98112  
(206) 328-3732

Special instruction, sometimes with the use of adaptive equipment, is available for developmentally disabled, amputees, paraplegic (sit-skiing), hearing and visually impaired, cerebral palsied, and other persons with disabilities.

See also RECREATION

Ski For Light Puget Sound  
Svea Karlsen  
10015 15th NE  
Seattle, WA 98125  
(206) 525-3348

Gives cross-country ski instruction for visually impaired and other disabled students. Six sessions include one overnight and regional meet. Also programs of hiking, cycling, picnics, swimming, and weight training for persons with a variety of disabilities. Sponsored by Sons of Norway.

See also RECREATION

Snohomish County Assessor  
3000 Rockefeller Avenue  
Third Floor, County Administration Building  
Everett, WA 98201  
(206) 259-9433

Tax exemptions are available for individuals who qualify by income, age, or physical disability.

See also TAX ASSISTANCE

Snohomish County Division of Parks and Recreation/Monroe  
Fairground  
2828 Rockefeller Avenue  
Everett, WA 98201  
(206) 339-1208

Wheelchair accessible picnic tables and camping facilities. Flowing Lake County Park hosts "Summer Splash" sports competition for disabled persons.



See also RECREATION

Snohomish Health Department  
Snohomish Health District  
Court House  
Everett, WA 98201  
(206) 339-5200

Varied services available, including family planning, nursing services, Well-Child clinics, AIDS Program, immunizations, and glaucoma tests.

See also HEALTH CARE

Social Security Administration  
720 Olive, 2nd Floor  
Seattle, WA 98101  
All telephone inquiries: 1-800-234-5772

SSA administers retirement, survivor and/or disability benefits under Social Security, and benefits for aged, disabled or blind individuals with low income and resources under Supplemental Security Income (SSI). Call for information and/or appointment.

See also FINANCIAL ASSISTANCE, HEALTH CARE

South King County Multi-Service Center  
South Campus Business Park  
1505 S. 356th Street  
Federal Way, WA 98003  
(206) 838-6810

Provides transportation for elderly and disabled persons in South King County. Call in advance to make a reservation. Donations requested. Hours: 8:30 AM to 5:00 PM Monday through Friday.

See also TRANSPORTATION

Speech Technology  
16321 176th NE  
Woodinville, WA 98072  
(206) 392-8150

Speech output product line.

See also AIDS AND APPLIANCES

Spokane Association for the Blind  
3128 N. Hemlock  
Spokane, WA 99205  
(509) 325-5451

Information and referral for Spokane area. Publishes flyer on courtesy issues. Sponsors a dinner-dance once a month for blind and visually impaired persons.

See also INFORMATION AND REFERRAL, RECREATION

Spokane Foundation for the Blind  
3128 N. Hemlock  
Spokane, WA 99205  
(509) 325-3893

Provides transportation for blind and visually impaired persons for events sponsored by the Spokane Association for the Blind and Day Out for the Blind. A cabin is also available for blind and visually impaired groups during the summer for a week's stay and for Friday evening social events.

See also RECREATION, TRANSPORTATION

### Summary, The

See: Washington (State of) Department of Services for the Blind

Superintendent of Public Instruction

See: Washington (State of) Superintendent of Public Instruction



## SUPPORT GROUPS

Support groups meet in many communities and offer visually impaired persons an opportunity to explore a wide range of mutual concerns. See the agencies listed under INFORMATION AND REFERRAL and CONSUMER ORGANIZATIONS as well as Washington State Department of Services for the Blind and your local Senior Center to find out about support groups in your area.

### TACID News

See: Tacoma Area Coalition of Individuals with Disabilities

Tacoma Area Blind  
5410 S. Prospect  
Tacoma, WA 98409  
(206) 473-5720

Comprehensive information and referral, active support group, ongoing advocacy particularly in the field of independent living activities.

See also ADVOCACY, CONSUMER ORGANIZATIONS, INFORMATION AND REFERRAL

Tacoma Area Braillists  
3802 N. Adams  
Tacoma, WA 98407  
(206) 752-1222

Volunteer Braille assignments. Braille for Tacoma School District 10 and Washington State Special Education Materials Clearinghouse and Depository. Meets Tuesdays.

See also BRAILLE

Tacoma Area Coalition of Individuals with Disabilities (TACID)  
6315 S. 19th Street  
Tacoma, WA 98466  
(206) 565-9000  
TDD: 565-5578

Provides services to residents of Pierce, Lewis, Thurston, Mason, Grays Harbor, and Pacific Counties. Braille instruction, taping, in-home reader services, information and referral to other agencies, assistance in locating housing, input for programming for blind and visually impaired persons, emotional support, and white canes. Publishes TACID News.

See also AIDS AND APPLIANCES, BOOKS AND PUBLICATIONS, BRAILLE, COMPUTER TECHNOLOGY, HOUSING, INFORMATION AND REFERRAL, REHABILITATION, SUPPORT GROUPS, VOLUNTEER SERVICES

## TAX ASSISTANCE

See: King County Assessor  
Snohomish County Assessor  
United States Internal Revenue Service  
Washington Library for the Blind and Physically Handicapped

TELESENSORY, Inc.  
P. O. Box 7455  
Mountain View, CA 94043-7455  
(415) 960 0920  
1-800-999-0968

Local outlet: P. O. Box 51082  
Seattle, WA 98115  
(206) 624-4880  
1-800-227-8418

Visual aids and computer adaptive aids. Write for catalogue.

See also AIDS AND APPLIANCES, COMPUTER TECHNOLOGY

Tel-Law  
930 Tacoma Avenue S.  
Room 535  
County/City Building  
Tacoma, WA 98402  
1-800-342-4529



Over 70 tapes on a wide variety of legal topics available. Call and explain problem; staff will play appropriate tape.

See also LEGAL ASSISTANCE

Tel-Med  
King County Medical Society  
Tel-Med Library Trust  
200 Broadway  
Seattle, WA 98122  
(206) 621-9450

Wide variety of tapes on health topics accessible by telephone from 11:00 AM to 8:00 PM, Monday through Friday. For more information, call and ask for "Tape 429."

See also HEALTH CARE

Theosophical Book Association for the Blind  
Krotona 54  
Ojai, CA 98023  
(805) 646-2121

New Age, mystical, and occult books in alternate media for the blind and visually impaired.

See also BOOKS AND PUBLICATIONS

Transaid  
1601 Second Avenue, Suite 800  
Seattle, WA 98101  
(206) 448-3110

Provides taxi service for people 60 years of age and over who have limited incomes, cannot use public transportation and have no other options. Must be within Seattle city limits.

See also TRANSPORTATION

## TRANSPORTATION

See: American Foundation of the Blind, Inc.  
Care Crisis Line  
Community Transit  
Compact Travel Aids  
Dial-A-Ride Transportation  
Everett City Transit  
Lilac Blind Foundation  
Metro Transit  
South King County Multi-Service Center  
Spokane Foundation for the Blind  
Transaid  
Van-Go  
Volunteer Chore Ministry  
Volunteer Transportation for Seniors

Check with your local transit provider for special fares or van service for blind and visually impaired persons.

### United Blind of Washington State

See: American Council of the Blind

See also CONSUMER ORGANIZATIONS

United States Braille Chess Foundation  
c/o Mac Garner  
318 Court Street  
Maryville, TN 37801  
(615) 983-7635

Popularizes chess for blind and visually impaired persons. Holds national tournaments.

See also RECREATION



United States Department of Housing and Urban Development  
Loan Management Branch  
1321 Second Avenue  
Seattle, WA 98101  
(206) 442-0334

List of subsidized housing for disabled persons.

See also HOUSING

United States Internal Revenue Service:

Federal Income Tax  
Internal Revenue Service  
915 Second Avenue  
Seattle, WA 98174

Tax law allows a greater standard deduction for legally blind individuals. For information on this or tax issues, you may call 343-7221 for recorded information. Free income tax assistance in the preparation of forms 1040EZ, 1040A and basic forms 1040 by IRS-trained volunteers is available in several locations. From February 1 to April 15, call 442-2057 for the location of a site near you. For other income tax assistance, call 442-1040.

See also TAX ASSISTANCE

United States Postal Service  
4455 Seventh S.  
Seattle, WA 98101-1796  
(206) 285-1650

In compliance with postal regulations effective January 1965 a blind or visually impaired person may send unsealed correspondence recorded on magnetic tape, written in Braille or large type, talking books, talking book machines, and devices for blind persons free of charge through U. S. Mail if the mailing container bears the wording "Free Matter for the Blind." For more specific information, contact your local Post Office or letter carrier.

United Ways of Washington  
107 Cherry Street  
Seattle, WA 98104  
(206) 641-3717

The United Way agency in most counties publishes Human Service directories and may have volunteer centers. Check with your local United Way for the directory for your county.

See also VOLUNTEER SERVICES

University Book Store  
4326 University Way NE  
Seattle, WA 98105  
(206) 634-3400

Large selection of large print books, books on tape, and magnifiers.

See also AIDS AND APPLIANCES, BOOKS AND PUBLICATIONS

U.S. Sprint  
1-800-877-4000

This private long distance carrier offers its "Fōn" card in Braille.

See also UTILITIES

U.S. West Communications  
(206) 345-5554

This company offers an exemption from directory assistance charges to visually impaired and blind persons. Call to arrange for service. Dial operator for assistance in calling. Directory assistance exemption also qualifies you for Time of Day exemption.

See also AIDS AND APPLIANCES, UTILITIES



## UTILITIES

See: GTE Northwest  
Seattle (City of) Mayor's Office for Senior Citizens  
U.S. Sprint  
U.S. West Communications  
Washington State TDD Relay Service

Van-Go  
Northeast King County  
Multi-Service Center  
18220 96th Avenue NE  
Bothell, WA 98011  
(206) 485-6524  
(206) 382-9704  
1-800-777-7379

Provides transportation for elderly and disabled persons in North and East King County. Fare is twenty-five cents for persons eligible for Metro special transportation service program. Call three days in advance. Hours: 7:30 AM to 5:30 PM Monday through Friday. 48 hours to two weeks notice requested.

See also TRANSPORTATION

Venture Advisory Services  
4719 University Way NE  
Suite 203  
Seattle, WA 98105  
(206) 522-1294

Provides skills and resource evaluation for disabled entrepreneurs.

See also EMPLOYMENT

Veterans Administration  
Regional Office  
915 Second Avenue  
Seattle, WA 98174  
(206) 624-7200  
1-800-552-7480

Check for service and non-service connected benefits for veterans as well as for spouses, widow(er)s, and children of veterans, including medical and visual aid assistance. Vision Impairment Service Team provides specialized services for blind and visually impaired veterans.

See also HEALTH CARE, LOW VISION SERVICES

Vis-Aids  
102-09 Jamaica Avenue  
Richmond Hill, NY 11418  
1-800-346-9579

Write for catalogue of aids and appliances for the visually impaired.

See also AIDS AND APPLIANCES

Vision and Independent Living Agency (VILA)  
Bellingham Towers, Suite 470  
119 N. Commercial  
Bellingham, WA 98225  
(206) 647-0309

Provides Braille instruction and materials, rehabilitation training, and peer counseling for visually impaired persons in Northwestern Washington.

See also BOOKS AND PUBLICATIONS, BRAILLE, COUNSELING, INFORMATION AND REFERRAL, REHABILITATION



VISION Foundation, Inc.  
818 Mount Auburn Street  
Watertown, MA 02172  
(617) 926-4232

A self-help organization for people coping with sight loss. The VISION Information Center answers requests for information nationwide. Large print and cassette publications include: VISION Resource Update, a bimonthly newsletter; VISION Resource List; VISION Views; and Coping with Sight Loss: The VISION Resource Book. Contact VISION Foundation for further information.

See also BOOKS AND PUBLICATIONS

Vision Impairment Service Team

See: Veterans Administration

Vision Northwest  
6485 SW Borland Road, Suite D  
Tualatin, OR 97062  
(503) 692-2626

Rehabilitation services aimed at reintegrating newly blind individuals into their community through counseling, peer support, and information and referral services. Serves southwest Washington.

See also COUNSELING, INFORMATION AND REFERRAL,  
REHABILITATION

Vision Services - An Agency for the Visually Impaired

See: Community Services for the Blind and Partially Sighted

Volunteer Chore Ministry  
100 S. 23rd  
P. O. Box 22608  
Seattle, WA 98122  
(206) 324-4834

Chore services for Greater Seattle provided by volunteers from area churches, schools, and civic groups. Services include light housework, laundry, shopping, minor home repairs, yard work, and transportation to necessary appointments. Services geared to low income elderly and disabled persons.

See also CHORE SERVICES, TRANSPORTATION, VOLUNTEER SERVICES

## VOLUNTEER SERVICES

See: Community Services for the Blind and Partially Sighted  
Friend to Friend Program  
Lilac Blind Foundation  
United Ways of Washington  
Tacoma Area Coalition of Individuals with Disabilities  
Volunteer Chore Ministry  
Volunteer Transportation for Seniors

Volunteer Transportation for Seniors  
1601 Second Avenue, Suite 800  
Seattle, WA 98101  
(206) 448-5740

A transportation service for people 60 years of age or older throughout King County. Provided by volunteer drivers who use their own vehicles. Advance notice of 7 days requested. Donations welcome.

See also TRANSPORTATION, VOLUNTEER SERVICES

Vtek

See: TELESENSORY, Inc.

Washington Coalition of Citizens with disAbilities (WCCD)  
3530 Stone Way N.  
Seattle, WA 98103  
(206) 461-4550  
TDD: (206) 461-4553



Provides wide variety of information and referral. Job Club offers instruction in job-seeking skills. Provides advocacy and contracts to advise on accessibility for municipalities and business. Publishes Coalition Connection.

See also ADVOCACY, EMPLOYMENT, INFORMATION AND REFERRAL

## Washington Council of the Blind

See: American Council of the Blind

## Washington Library for the Blind and Physically Handicapped (WLBPH)

821 Lenora Street  
Seattle, WA 98129

(206) 464-6930 (Voice or TDD)  
1-800-542-0866 (Voice or TDD)

Visually and physically handicapped persons who are unable to read or handle printed matter are eligible for free services from the library. Provides talking, Braille and large print books, a print collection on various disabilities, and a professional reference service. Other services include Braille and taping transcription and the Evergreen Radio Reading Service which provides current news, information, and entertainment. Braille transcription classes are offered yearly to sighted persons. The library provides major tax forms and all local voters' pamphlets in Braille and on cassette.

See also BOOKS AND PUBLICATIONS, BRAILLE, RECREATION, TAX ASSISTANCE

## Washington Optometric Association 555 116th NE, Suite 166 Bellevue, WA 98004 (206) 455-0874

Provides information on and referral to optometrists and low vision specialists in Washington State.



See also EYE CARE, LOW VISION SERVICES

Washington Protection and Advocacy System  
1401 E. Jefferson Street, Suite 506  
Seattle, WA 98122  
(206) 324-1521

An advocacy agency whose purpose is to protect the human and civil rights of people with disabilities.  
See also ADVOCACY

Washington Rehabilitation Institute  
P. O. Box 1611  
Richland, WA 99352  
(509) 943-0255

Provides Braille training, library resources and research, rehabilitation services, and counseling for newly-blinded persons.

See also BOOKS AND PUBLICATIONS, BRAILLE, COUNSELING, INFORMATION AND REFERRAL, REHABILITATION

Washington State Academy of Ophthalmology  
2033 Sixth Avenue, Suite 900  
Seattle, WA 98121  
(206) 441-9762

Makes referrals to ophthalmologists in the State of Washington.

See also EYE CARE, LOW VISION SERVICES

Washington State Association of Senior Centers  
c/o Beth Remington  
Kent Parks Senior Center  
600 E. Smith  
Kent, WA 98031  
(206) 859-3342

Clearinghouse for information on centers and services for seniors in the State of Washington.

See also SENIORS

Washington State Deaf-Blind Citizens  
P. O. Box 12042  
Seattle, WA 98102  
TDD: (206) 282-5692

Offers recreational and social opportunities for deaf and visually impaired persons. Lobbies state-wide for the rights and needs of this community.

See also ADVOCACY, CONSUMER ORGANIZATIONS, DEAF-BLIND SERVICES, RECREATION

Washington (State of) General Information  
(206) 753-5000  
1-800-321-2808

General directory assistance for State of Washington telephones.

You may call the "800" number above to be put through to any state agency or legislator, or to obtain local phone numbers and addresses of state agencies.

See also INFORMATION AND REFERRAL

Washington (State of) Department of Employment Security  
(206) 753-5116  
1-800-321-2808

Contact your local Job Service Center for information on job openings in your area, as well as information on benefits available for job seekers.

See also EMPLOYMENT



Washington (State of) Department of Labor and Industry  
Rehabilitation Resource Center  
(206) 753-6341  
1-800-321-2808

If you are injured on the job, financial assistance and related medical care may be provided by this agency.

See also FINANCIAL ASSISTANCE, HEALTH CARE

Washington (State of) Department of Services for the Blind  
(206) 586-1224  
1-800-552-7103  
(206) 721-4422 (Seattle)  
(509) 456-4458 (Spokane)  
(206) 696-6238 (Vancouver)  
(509) 575-2014 (Yakima)

Branch offices in Seattle, Spokane, Tacoma, Vancouver, and Yakima. Offers a wide range of services to increase the independence, employment potential, and quality of life of eligible blind persons state-wide. The Vocational Rehabilitation Program provides assistance to blind adults in preparing for and obtaining employment. Training is also provided in the home to teach skills necessary for adjustment to blindness and household management. The Orientation and Training Center in Seattle provides more intensive adaptive skills training in a residential setting. The Independent Living Program provides services to elderly or multiply-handicapped adults who need assistance with adjustment but will not be seeking employment. The Child and Family Program provides services to blind children and their families as well as consultation and coordination with schools and other involved agencies (publishes The Summary). The Business Enterprise Program trains legally blind persons to operate businesses in public buildings. The Development of Opportunities for Employment through Recreation (DOER) Program coordinates recreational activities to promote self-discipline and teamwork.

See also CHILDREN AND THEIR FAMILIES, EMPLOYMENT,  
RECREATION, REHABILITATION

Washington (State of) Department of Social and Health Services  
(DSHS)  
(206) 753-7039  
1-800-321-2808  
Chore Services: 1-800-562-6028

Provides a variety of social and health services, including aid to families with dependent children, refugee assistance, general assistance to nursing home care and medical assistance. Prevention of Blindness Medical Eye Care Program is administered state-wide through DSHS Division of Medical Assistance. DSHS authorizes chore services for income-eligible and disabled persons. Services are non-medical and can be personal or attendant care. They can be contracted for clients who need basic household or personal assistance in order to remain in their own homes. Interested persons should contact the DSHS Community Services Office in their area.

See also CHILDREN AND THEIR FAMILIES, CHORE SERVICES, EYE CARE, FINANCIAL ASSISTANCE, FOOD, HEALTH CARE

Washington (State of) Department of Vocational Rehabilitation  
(206) 753-0293  
1-800-321-2808

Provides vocational counseling, training, and job placement as mandated by law for physically disabled and deaf persons (including deaf-blind persons). Medical assistance may be available if you are following a vocational rehabilitation plan.

See also DEAF-BLIND SERVICES, EMPLOYMENT, HEALTH CARE

Washington (State of) Department of Wildlife  
(206) 753-5700  
1-800-321-2808

Will issue a fishing license free of charge to blind bona fide residents of Washington (90-day residency). License is renewed annually. Apply to your regional office. Licenses available at sporting goods stores.



See also RECREATION

Washington (State of) Special Education Materials Clearinghouse  
and Depository (SEMCAD)

14721 Murray Street SW

Tacoma, WA 98439

(206) 756-8535

1-800-562-4176

SCAN: (206) 768-8535

Provides administrative support to schools and agencies in locating and obtaining: textbooks, recreational reading, study materials, reading and writing devices, recording and playback equipment, and other kinds of educational aids needed by visually impaired students in educational programs. This service is for primary and secondary education only. No college support is provided. Will arrange Braille of educational materials and is the State's primary depository for Braille materials.

See also BRAILLE, CHILDREN AND THEIR FAMILIES, EDUCATION

Washington (State of) Superintendent of Public Instruction:

Old Capitol Building FG-11

Olympia, WA 98504

Special Education

(206) 753-6733

School districts in the State of Washington are mandated by legislation to provide Special Education Services to all eligible disabled students. Services may include mobility, communications, and low vision services and may be provided by the school district or offered through the Educational Services Districts. For information on programs provided to all visually impaired students call the School Education Program Office or the Family and Child Coordinator at the Washington State Department of Services for the Blind.

General Educational Development Test (GED)  
Adult Education and Literacy Program  
Suzanne Griffin, Director  
(206) 753-6748

If you have not graduated from high school and desire an equivalency certificate, this office will advise you of your nearest GED Examination Center and other pertinent information. Assistance in preparing for the examination is available through Washington State Department of Services for the Blind.

See also CHILDREN AND THEIR FAMILIES, EDUCATION

Washington State Program for Deaf-Blind Children  
Department of Special Services  
Puget Sound Educational Service District  
12320 80th Avenue S.  
Seattle, WA 98178  
(206) 772-3636

Provides support services for children (from birth to age 21) with both hearing and visual disabilities, their families, and professionals working with disabled children. The program provides assistance for identification assessment, curriculum development, vocational planning, and an annual workshop. All services are provided without cost.

See also CHILDREN AND THEIR FAMILIES, DEAF-BLIND SERVICES, EDUCATION

Washington State School for the Blind  
2214 E. 13th Street  
Vancouver, WA 98661  
(206) 696-6246

Residential facility for the education of visually impaired children, preschool through high school.

See also CHILDREN AND THEIR FAMILIES, EDUCATION



Washington State TDD Relay Service  
(206) 587-5500 (Seattle)  
1-800-833-6388 (State-wide)

Provides state-wide access to or from any standard telephone for TDD users free of charge.

See also DEAF-BLIND SERVICES, UTILITIES

Western Union  
1-800-325-6000

Western Union will deliver large print and Braille telegrams throughout the continental United States.

See also BRAILLE

Whidbey Island Braillists  
345 E. Henni Road  
Oak Harbor, WA 98277  
(206) 675-9439

Braille twin-vision (Braille on print) books almost exclusively for children.

See also BOOKS AND PUBLICATIONS, BRAILLE, CHILDREN AND THEIR FAMILIES

Womyn's Braille Press  
P. O. Box 8475  
Minneapolis, MN 55408  
(612) 872-4352

Provides feminist and alternative press publications on cassette and in Braille. Annual subscription is on a sliding fee scale (income based) from \$10 to \$25 and includes quarterly newsletter.

See also BOOKS AND PUBLICATIONS





HV1791 Hawthorne, Nan (ed.)  
H319 Information guide:  
C737 Resources in Washington  
State for persons who are  
blind or partially

**DATE DUE**


AMERICAN FOUNDATION FOR THE BLIND  
15 WEST 16th STREET  
NEW YORK, N.Y. 10011

Community Services  
*for the* **Blind**  
*and* **Partially**  
**Sighted**

9709 Third Ave NE #100  
Seattle, WA 98115  
(206) 525-5556 (V/TDD)  
1-800-458-4888

**FREE MATTER  
FOR THE BLIND**

American Foundation for the  
Blind Inc.  
15 W 16th St  
New York, NY 10011



A United Way Member Agency